



WORKING WELLNESS

At home and at work, good health starts with you.

FEBRUARY 2010

is...



AMD/Low Vision
Awareness Month

National Children's
Dental Health
Month

National Wise
Health Consumer
Month

And has...

World Salt
Awareness Week

Congenital Heart
Defect Awareness
Week

Burn Awareness
Week

National Wear Red
Day

National Donor Day

For more information
on these observances
or future observances,
go to U.S. Department
of Health and Human
Services at
www.healthfinder.gov/nho.

American Heart Month



The following is posted on the American Heart Association's webpage at <http://www.americanheart.org/presenter.jhtml?identifier=4441> :

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month." (Note this is not "Heart Month" or "National Heart Month.") The American Heart Association works with the administration to draft and sign this annual proclamation.

During American Heart Month, thousands of our volunteers visit their neighbors. Their goal is to raise funds for research and education and pass along information about heart disease and stroke.

For more information, contact the American Heart Association at 1-800-242-8721 or visit their website at www.americanheart.org.

If you are thinking of a routine check up with your in-network physician, take advantage of the Well Adult Care benefit! See below for information.

Well Adult Care

Routine Well Care* (age 18 and over)



Limited to a maximum payable of \$400 per year for Covered Services every 24 months under age 40.



Limited to a maximum payable of \$400 per year for Covered Services every 12 months age 40 and over.

For an explanation of the Covered Services under the Well Adult Care, please contact Wells Fargo at 1-800-624-8605, or Louise Basham at (305) 292-4579, or Alana Thurston at (305) 292-4446.

To view our Employee Benefit Health Plan document you can go to (type the following into your internet browser's address bar):

http://monroecofl.virtualtownhall.net/Pages/MonroeCoFL_GroupInsurance/PDFs/Employee%20Health%20Plan%20Document%20eff.%20010107.PDF

* Must have a routine diagnosis to be covered under Well Care. Maximum payable of \$400 is not subject to the Deductible or the regular co-payment percentage of the Plan.

Don't forget about this...

Get a Free blood glucose test*

to help determine your
risk for diabetes.

FEB. 5 - 18, 2010

At Walgreens or  **take care clinic**SM in select locations.

After Feb. 2, call 1-800-WALGREENS, visit Walgreens.com/diabetes
or speak to a member of our staff for information or event locations.

Walgreens There's a way to find answers.

*Available to those 18 and older at select times and locations. Subject to availability. No claim shall be submitted to any insurer for the test. Test results are not for diagnostic or treatment purposes and are not conclusive as to the presence or absence of any health condition.



Sponsored in part by:



Bayer HealthCare
Diabetes Care

sanofi aventis

Because health matters.


Easy-to-use FlexPen[®]
a prefilled insulin pen from Novo Nordisk[®]



10PM0011 Flyer

Above is a flyer provided by WHI, our prescription benefit manager. Direct all questions about this flyer to
1-800-WALGREENS or 1-800-925-4733.

Do YOU know YOUR networks?

Did you know that *not* using a network provider for a service covered under our medical plan will result in a 30% penalty on your claim? Finding a provider in one of our networks for medical services could provide you with a 5%-25% discount on your charges as opposed to the 30% penalty for using a provider not in one of the networks.

The following is the contact information for our provider networks for medical coverage:

[Keys Physician Hospital Alliance \(KPHA\)](#): the network for providers located in Monroe County. Their phone number is (800) 400-0984 or (305) 294-4599. Their directory can be located on the Group Insurance webpage at http://monroecofl.virtualtownhall.net/Pages/MonroeCoFL_GroupInsurance/index.

[Dimension Health](#): the network for providers located in Dade, Broward, Palm Beach, and Monroe County. Their phone number is (800) 483-4992. You can locate a provider by searching Dimension's directory by going to www.dimensionhealth.com on the Internet.

[Multiplan](#): the nationwide network for providers. There are network doctors and hospitals all over the nation! Their phone number is (800) 557-6794. You can locate a provider by searching Multiplan's directory by going to www.multiplan.com on the Internet.



Happy President's Day!



COMP CORNER

The Comp Corner will return next month.

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.